

Cottingham Times

Issue 94 - September 2009



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Cottingham Men's deLuda Society

Wednesday September 2nd - History of Cruising - Alan Hopper, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Cottingham Wildlife Watch

Friday 4th September, Millbeck, meet at the Pavilion car park, 7.30 pm onwards. Bat Walk, warm clothes recommended.

Haltemprice Art Group

Tuesday 8th September - Opening evening - Subscriptions due, bring along outdoor/holiday sketches. Entertainment will be arranged. 7.00 pm to 9.00 pm. Room T9, Cottingham High School. Membership costs £16.00 per year and covers all sketching nights (demonstration, workshop, talk and appraisal sessions, will charge no more than extra £2.50 for members and £3.00 for visitors).

Tuesday 15th September - Flotsam and Jetsam.

Tuesday 22nd September - DIY Tapestry.

Tuesday 29th September - Demonstration featuring animals - Jan Martin

The Cottingham Wild Spaces Group

Sunday 6th September, The Dene, 10.00 am.

Cottingham Ladies Circle

Wednesday 9th September, Talk - "Through the Eyes of Ben and Margaret Elsworthy (Photographs), 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Green Women's Institute

Thursday 10th September, Poetry Evening and Book Sale, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 10th September, Ken Knox - Before Iceland, in the Darby & Joan Small Hall, Finkle Street at 2.00 pm.

Skidby Methodist Church

Friday 11th September, Soup Lunch 11.30 am onwards. Homemade soup and breadrolls, in aid of Christian Aid, in the Methodist Church, Skidby.

British Sugarcraft Guild

Saturday 12th September, "Gelatine Flowers" - A demonstration by Anna Marie Bell. 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

East Yorkshire Embroidery Society

Saturday 12th September, - Isobel Hall - Bags and Books, 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Cottingham Wildlife Watch

Saturday 12th September, 10.00 am to 2.00 pm. Thwaite Gardens, Pond Dipping and Owl Pellet dissections.

Front Cover Picture: A view of King Street from South Street.
The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Cottingham Catholic Women's League

Monday 14th September, The role of a Parish Councillor, Mrs. Anne Abel, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 16th September, Living in the Middle East as a single woman - Susan Harr, at 7.30 in the Darby & Joan, Finkle Street.

Cottingham Men's deLuda Society

Wednesday 16th September - A light-hearted on Antiques - Caroline Dennett, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Diabetes UK

Thursday 17th September, Podiatrist, in the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire Association of the National Trust

Thursday 17th September, Mr. Bob Dicker - Management and Preservation of the North-East Coast, in the Civic Hall at 7.30 pm. Non-members welcome.

Inland Waterways Association

Friday 18th September, Maritime Communications and presentation by David Peacock, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm.

Wolds Lacemakers

Saturday 19th September, Quarterley Meeting. What You Make It. "Free Day" Do Your own Thing. "Start Something New", "Catch-up on Something New", 10.00 am to 4.00 pm, St. Johns Newland Parish Church Hall, Clough Road. Members £1.00; Non-members £3.00.

Skidby Methodist Church

Sunday 20th September, 10.45 am Harvest Festival Celebration led by Rev. Meg Woodlock-Smith. Everyone welcome.

Cottingham Men's deLuda Society

Monday 21st to Sunday 27th September - In the Path of the Liberators (Flanders, Antwerp, *et al.*)

North Ferriby Gardening Club

Monday 21st September, "Victorian Violas" - Rob Chapman (Lincoln), Welcome to the enchanting world of Victorian Violas, beauty and fragrance in the garden and patio **Violas will be on sale**. Meetings are held in the village hall starting at 7.30 pm

Cottingham Ladies Circle

Wednesday 23rd September, Talk - Mrs Billie Lee, on her visit to Antartica, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Skidby Village Hall & Institute

Saturday 26th September, Gardener's Autumn Mart. Sale of plants, shrubs, flowers, tools, bulbs, vegetables, produce, etc. 10.00 am to 1.00 pm. Refreshments available. Admission Free. Tables cost £10.00.

Cottingham Men's deLuda Society

Wednesday September 30th - Laughs Unlimited - Life and Times of Al Read, Hazel Barnes, in St. Mary's Church Hall, Cottingham, at 2.00 pm

British Sugarcraft Guild

Monday 3rd October, "Stencilling" - A demonstration by Rosemary Cook. 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Skidby Playing Field Association - Car Boot Sale

Sunday 4th October 9.00 am to 1.00 pm. To be held on Skidby Playing Field. Pitches £7.00. Further details available from the Secretary Kelvin Young 843446. Refreshments available

The Cottingham Wild Spaces Group

Sunday 4th October, Mill Beck Wildlife area and King George V Woodland. 10.00 am. For more information 01482 840336.

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Having just returned from my long trip to Canada & Alaska things are rather hectic on my desk ~ everything seems to be happening all at once.

Canada & Alaska were as fabulous as ever, even after being there over 3 weeks I was still not ready to come home.

Although I am not escorting a group next year, we are looking forward to booking many of you to Canada & Alaska using our first hand experience gathered over the years.

On the cruise front our Cruise Fayre is on the first day of National cruise week and is our biggest event of the year and we are looking forward to many of you coming along. There will be plenty of stands to browse as well as presentations and our booking desk.

This week has been very exciting as we have had the news of Ocean Countess sailing from Hull next year and bookings are now been taken. Now once again we can offer you both River & Ocean cruising from our home port.

We have special departures with P&O, Princess and Cunard offering extra on board credit and remember that the earlier you book the more chance of the travel from your front door option.

We also have a special dancing cruise next year too!

If you are planning a wedding abroad we are now taking bookings up to April 2011 ~ it is getting a very popular way to tie the knot. Susan is always happy to make an appointment for you to organise your special plans, having been married abroad herself, she has first hand experience to guide you.

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Property News from Martin English of Homelink



Rent in Advance

In a previous column, I talked about some relatively new deposit regulations that had come into force in relation to taking a deposit under an Assured Shorthold Tenancy. This has been quite a pivotal point in the lettings market and without doubt a piece of legislation that has and still is widely debated, at Homelink we have certainly had quite a lot of interest and queries on this matter.

One thing that is quite evident with the introduction of these new regulations is that Landlords and agents have taken quite differing courses of actions in reaction to the regulations. Without covering old ground, in essence there are a number of government approved schemes, whereby the deposit can be protected either at a cost to do so, or by the Landlord relinquishing direct control of the deposit. Another option that some have chosen to take is not to take a deposit at all, some would say this is a risky manoeuvre. Their is and probably always will be an element out there that pay complete ignorance to the rules and simply do not take heed of the rules, this however can be met with quite hefty fines.

It is the creative approach to taking deposits, of which a significant proportion of Landlords and Agents alike have taken that, has provided the inspiration for this months column, along

with an article I recently read with great interest. Some Agents and Landlords have decided not to take a deposit for their properties, instead asking for more rent in advance from a tenant.

If two months' rent in advance is taken to cover any future failure on the tenant's part to pay the rent, then it can be held to be a deposit and within the remit of deposit schemes. This was exactly what happened in the case of Piggott v Slaven which had judgement passed in Grimsby County Court earlier this year. The court held that the taking of rent in advance constituted a deposit and it should have been protected. A penalty of three times the deposit was awarded against the Landlord.

Other cases with other facts may have a different outcome but clearly such a strategy carries risks. Being a county court judgement this is not binding on other courts but it is certainly a cautionary tale.

The moral of the story and the fundamental point in this case is that if you are taking rent in advance, what is the purpose of the rental in advance.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through Cottingham Times directly.



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News Updates from the Cottingham Post Office

1. Passports: Price increase, applications received on or before 3rd September 2009, will be charged at the old rates £72 Adults; £46 Children. After this date £77.50 Adults; £49 Children; are the new prices. Use the Post Office 'Check and Send' service and save yourself time and more important money. Remember you can renew a Passport up to nine months in advance.
2. Good news for Car Insurance, Post Office Ltd has just extended its £50 Cashback offer until 30th September 2009.
Just call 0800 169 6500 Quoting Code: 1723219 for a quote.
3. Post Office Growth Bond (Issue 9) at going to print this issue is still open offering a market leading 3.85% on the 1 Year Bond.
4. Travel Money: With the summer never really arriving and now nearly ended, there are some deals flying around on currency, the Travel Money Card Rates above £500 are again amongst the market leading rates, regardless of what some Travel Agents may be advertising.
5. Remember with the Christmas rush not far away, you can tax your car from the 5th of the month! and avoid the end of month queues. (all paperwork must be valid for month of taxation)
6. GRANDAD'S PUMPKINS ARE COMING!!!
Till next time, use some of these handy hints to help you save time and money.

Gary Mitchell, Subpostmaster



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Finding your way around the Internet

The Internet is what most of us use our computers for most of the time. It can be useful, educational, fun, even vital, but can also be challenging or frustrating if you don't do things right! So this month we will look at making it easier to find what you want, a bit of a beginners guide, and explain some dos and don'ts.

First of all it is useful to know how you connect to the Internet. Most of us have a broadband connection now, and it is becoming more of a requirement for any computer to be able to keep its security up to date. If you are still on a dial-up connection it is well worth upgrading to broadband for that reason alone. Some people say they don't go online enough to warrant broadband, but the reverse argument is that if you have broadband you will spend a lot more time because it is so fast and easy to use, you are more likely to enjoy it!

So assuming you have that in place, if you have been connected for a few years you may still have a *Speedtouch* modem, that is a small black box with two lights on the front, and you will have to click on a dial up box to get online. If this is the case, you would be well advised to speak to Karoo about changing to another package, it could even be cheaper, and get a router instead. Routers are more efficient and support the new higher broadband speeds, and you won't have to click to connect anymore. As long as your computer has an ethernet (or network) port you will be able to use a router. Any machine built within the last few years should have one. If you have a laptop, you may well connect using a wireless router. For those not familiar, that means a router that connects to a power socket and your telephone line by wires, but then broadcasts a signal all around your house or office that any wireless enabled device can pick up. This includes laptops, netbooks, *iPod Touch*, Wii to name but a few; and even some mobile phones. If you have a wireless router make sure it is secure (encrypted) otherwise everyone else in the vicinity could be using it too!

In order to get online of course you open a web browser. Most people just click on the 'big blue e' otherwise known as *Internet Explorer*, because it has always been there as part of the Windows operating system. As I have mentioned previously, there are others available like *Firefox*, *Chrome*, *Opera* and even *Safari* (originally only on Mac computers but now available to all). Basically though, they are all free to use, and all work the same way. If you are connected and have opened your browser, you should now be presented with your homepage. This is the first page you always see, and this can be set to anything you want. If you have recently upgraded *Explorer* you may find your homepage has changed to msn, as that it is owned by *Microsoft*, and like most companies on the Net they will try and change your homepage to theirs!

If you know the exact address of the site you want, you just type it into the address bar at the top of the browser, remember to get all the dots in the right place, and if there is a forward slash it goes straight after the address with no spaces i.e.: www.bbc.co.uk/weather Remember also that everything online is lower case, capitals not required. Alternatively, the saviour for us all trying to find something online is of course the search engine. Whether you use *Google*, *Yahoo*, *Ask* or *Bing* etc they are all there to let you find what you seek. Remember when using a search engine **don't** type in **www** – just type what you are searching for in the empty box - *bbc weather* - for instance. Be as specific as you can or you will be presented with millions of results. Search engines have improved greatly however, but remember they are funded by advertising so if you type in hotels in Paris, it will more likely return lots of hotel booking agents, not the hotels themselves.

What about the dreaded 'page cannot be displayed' message? We've all had that from time to time. It may sound obvious but first make sure you are connected, check the lights on your modem or router etc. Then check the address bar to ensure you have typed the address correctly, and make sure you haven't put a comma instead of a dot etc. If the address bar says about: blank, you do not have a homepage set. To rectify this, type the address of the page you want, then find the home icon at the top of your browser, and click the down arrow to the right and click, add or remove home page, this will set it permanently. If you find that you do not get pages straight after checking your email, open *Outlook Express*, click Tools, Options, Connections, and if there is a tick in 'hang up after send/receiving' - remove it.

Favorites or Bookmarks is the place to store all your favourite websites. All you have to do is open the page you want, then click Favorites, and add to Favorites. If you want to store lots of different pages on the same subject, you can create a folder first. Click Favorites then create folder, type a name for it, then click add. Every time you find a website on that subject, click on Favorites then click on the down arrow next to Create in and you can file it away in that folder. To keep your Favorites organised, click on Favorites then right click on any entry and click 'sort by name' to get them in alphabetical order. Other tasks can be carried out in 'Organize favorites'.

Next month we will look at some more advanced features and more hints and tips.

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Wordsearch - Australia

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

V	F	E	E	R	R	E	I	R	R	A	B	T	A	E	R	G	N	M
L	E	N	R	U	O	B	L	E	M	E	S	C	T	R	O	A	R	Y
J	C	O	G	N	E	W	S	O	U	T	H	W	A	L	E	S	J	R
A	S	P	L	A	T	Y	P	U	S	V	U	E	N	L	Q	G	T	O
I	N	D	A	I	R	O	T	C	I	V	B	Y	E	N	D	Y	S	T
L	I	N	T	A	S	M	A	N	I	A	M	U	L	U	R	U	V	I
A	A	A	A	U	S	T	R	A	L	I	A	K	V	P	E	R	E	R
R	T	L	D	V	H	V	T	A	M	B	A	C	A	I	R	N	S	R
T	N	S	Y	E	B	T	O	C	O	V	D	O	L	I	I	H	K	E
S	U	N	A	I	L	K	R	O	A	A	I	R	H	G	M	O	A	T
U	O	E	R	L	U	A	M	E	R	N	T	S	I	E	U	B	N	N
A	M	E	R	T	I	E	I	W	P	T	B	R	P	A	R	A	G	R
N	E	U	A	U	R	R	I	D	E	H	O	E	P	S	R	R	A	E
R	U	Q	P	A	V	N	R	V	E	B	B	Y	R	Q	A	T	R	H
E	L	D	N	V	W	A	L	L	A	B	Y	A	V	R	Y	I	O	T
T	B	G	T	H	C	A	E	B	I	D	N	O	B	V	A	V	O	R
S	S	E	N	A	B	S	I	R	B	I	G	N	I	L	R	A	D	O
E	V	G	O	O	D	I	R	E	G	D	I	D	D	L	R	G	P	N
W	J	V	A	I	L	A	R	T	S	U	A	H	T	U	O	S	P	H

Find the words in the letters above:

Aborigine, Adelaide, Australia, Ayers Rock, Blue Mountains, Bondi Beach, Boomerang, Brisbane, Cairns, Canberra, Darling, Darwin, Didgeridoo, Great Barrier Reef, Hobart, Kangaroo, Koala Bear, Melbourne, Murray, New South Wales, Northern Territory, Perth, Platypus, Queensland, South Australia, Sydney, Tasmania, Uluru, Victoria, Wallaby, Yarra, Western Australia.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 33 -

This is an easy challenge this month

7		1				3		
8	3				4		6	
4		6	3	8				7
		7	5	9				
	9		4			7	5	6
			6	1		8		
							1	
2		5			3		7	8
	8			5		9	4	

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When you join, you will receive a Welcome Pack which includes a choice of a FREE energy saving and safety products and exclusive Age Concern discounts on further products from E.ON. So why not ask Age Concern for a quote – you have nothing to lose and perhaps much to gain!

To find out more, visit your local Age Concern at Morley's Cottage, Morley's Yard, Walkergate, Beverley or telephone 01482 861065. They're open Monday to Friday 9am until 4pm.

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"Wills, plain and simple"

Most people over 55 years old know they should have a Will.

They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, **plain and simple** scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The **plain and simple** label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the **plain and simple** scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

This means that you will always know the maximum cost of your Will.

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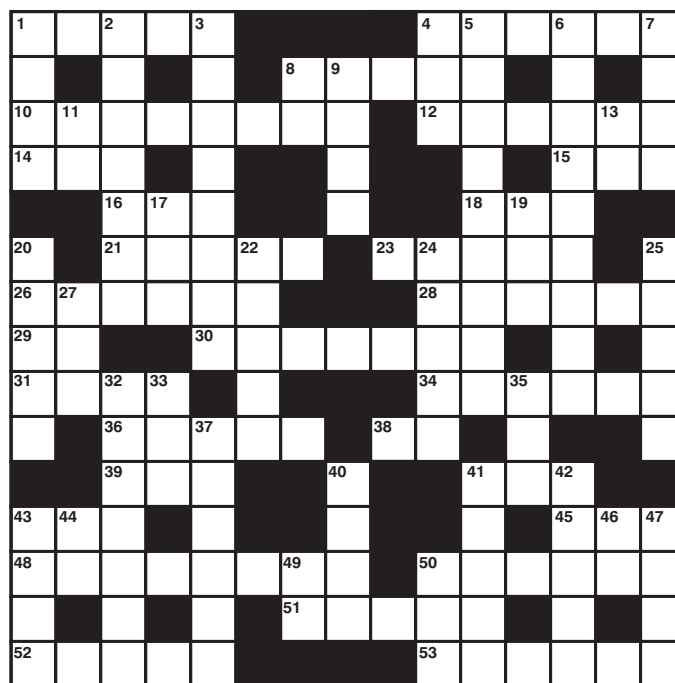
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Crossword - Solution on page 46



Across

1. Made a good landing, in gymnastics (5); 4. National Guard Storage Facility (6); 8. Argentinian Dance (5); 10. Orchestrion (8);
12. State of Southern Mexico (6); 14. Memphis to Atlanta dir. (3);
15. A Lady in the Habit (3);
16. Bustle and Fuss (3); 18. Dog's Greeting (3);
21. Bunches of hair (5) 23. An Embarrassing Display (5);
26. Harden (6); 28. Echo-location machines (6)
29. Egyptian Creator God (2); 30. Pokey (7); 31. Actually Exists (4);
34. Alone (6); 36. Johnny B. Goode Singer (5);
38. Latin Diphthong (2); 39. Smugglers' Nemesis (abbr.) (3);
41. African Antelope (3); 43. Spanish Bear (3); 45. World Chess Champion 1960-1961 (3); 48. Sword watching courtier for Dionysius II (8); 50. Fingers and Toes (6); 51. Noble Gas (5); 52. Sub-Hunting Device (5); 53. Struck with Terror (6)

Down

1. More than a few (4); 2. Knocks off (7); 3. World Cup Starters (8);
4. Since (3); 5. Tired of Travelling (9); 6. Cousin of Famous Citrus Drink (9); 7. Chinese Coins (4); 8. Second Number Homophone (2);
9. Central shaft (4); 11. Nation South of Canada (2);
13. Copper Symbol (2); 17. Mot. Vehicle Crime (3); 19. Plus (3);
20. Apologetic (5); 22. Successor to Harrison (5);
24. Word describing the best of the best (5); 25. Not Likelies (5);
27. US Oil Rating Maker (3); 32. Between Thorax and the Pelvis (7);
33. Confederate President (3); 35. Elvis Recording Company (3);
37. Deep Seated Resentment (6); 40. Stick Together (4);
41. Leaving (5); 42. City Between Syracuse and Schenectady (5);
43. Vegas Numbers (4); 44. Ven., Braz., and Col. Location (2);
46. On, In or Near (2); 47. Requisite for Prospective Lawyers (4);
49. Former (2); 50. Not Living when we arrived (3)

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St. Mary's Church of England
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'Back to Church Sunday'

During my training as a Methodist Minister we had what I now consider to be a very important lecture on 'change in church'. For people like myself who have been part of a church for their entire (albeit still young!) life it can be easy to fall into the belief that church never changes; the belief that the way we do it now is the way it has always been and will always be. Indeed it is part of the human condition that once we have done things one way a couple of times, we quickly establish a routine, like family celebrations of Christmas that become 'tradition', and thereafter changing it becomes difficult. Our lecturer was to shock us from our reverie and our assumptions that we were entering a church that was static. He went on to outline vast changes that had taken place in his 50 year experience, and sure enough, I now find myself as a minister at a time where change is unprecedented. I used to work as a Physicist in the telecommunications industry. That industry had to move fast just to keep up and the church is surprisingly similar. Yet, to many people outside the church we are perceived as being like a time capsule stuck in the past, stereotyped by



bumbling vicars on the TV. People are surprised when I mention that the words they will use at a baptism may be read off the LCD screens, that some of the music may come from the organ and choir, but equally likely from our worship band. People are surprised that some of my time is spend updating our website, because that's how people find our church in these technological times (see our new

joint site www.cottingham-churches.co.uk). That is not to say all churches are the same and for many of the churches you will find a selection of our services that seek to maintain the ancient service patterns and things that will be familiar. You will also find other services that are very different and that the work we do, and the opportunities to express our faith have changed too. On **Sept 27th** our churches are encouraging you to come **Back to Church**, and if you have never tried us, we invite you to come for the first time. Be assured, you've changed, and we've changed, but our goal is the same, to create a place where we can experience God and grow as Christians. You will be very welcome at whatever stage you are in your personal faith journey, and we would love to share that journey with you. Whichever church you try our focus is still on introducing you to Jesus Christ. We hope to see you soon!

Rev Andy

**Come and see what you
 have been missing. Join us
 on September 27th for**

Back to Church Sunday

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In the Kitchen



Ingredient of the Month

Bramley Apples are widely considered to be the cook's choice for cooking apples and have become one of the most popular cooking apples used in the UK, available to buy all year. They have a tart flavour which is generally not suitable to eat raw plus the added bonus of an excellent texture when cooked.

History

The Bramley apple hails from Nottinghamshire UK. A young girl called Mary Ann Brailsford who lived in Southwell, Nottinghamshire is believed to have sown some apple pips in her garden between 1809 and 1813 one of which grew into the first Bramley apple tree. Unfortunately, it isn't known from where she got the original pips, however the nature of sowing seed from fruit is that they often don't mirror the original plant so it is safe to say that the original fruit from where she took the pip bore little resemblance to today's Bramleys.

By 1837 the tree was bearing its first fruit and in 1846 Matthew Bramley, a local butcher, bought the cottage complete with garden and tree. It was whilst he was there that a local nurseryman called Henry Merryweather recognised the commercial potential of the fruit and asked if he could take cuttings from the tree which would reproduce true to type specimens. Mr Bramley agreed, with the proviso that the apples should be named after him.

Apparently, the original tree is still bearing fruit today.

Traditional Apple Pie

Ingredients

225g/8oz Plain Flour
A pinch of Salt
100g/4oz Margarine
675g/1 1/2 lb Cooking Apples e.g. Bramleys
100g/4oz Brown Sugar
1/2 tsp Ground Cinnamon
1/2 tsp Grated Nutmeg
1/4 tsp Ground cloves
50g/2oz Sultanas
1 Egg Yolk
A little Milk
1 tbsp Caster Sugar

Instructions

1. Preheat the oven to 400F, 200C, Gas mark 6.
2. Sieve the flour and salt into a bowl and rub in the butter until it resembles fine breadcrumbs. Add enough water to make a firm dough.
3. Peel, core and thickly slice the apples into a bowl. Add the brown sugar, spices and sultanas and mix well. Place in a buttered pie dish and sprinkle with 2 tbsp of water.
4. Roll out the pastry and cover the pie dish, trimming any excess pastry off with a knife. Decorate the top with leaves or other shapes made out of the pastry trimmings. Brush with the egg yolk and milk mixture, sprinkle with caster sugar.
5. Cook in the centre of the oven for 20 minutes. Reduce heat to 350F, 180C, Gas mark 4 and cook for a further 20 minutes.

Apple Gingerbread

Makes 1 20x15cm/8x6 inch cake

Ingredients

22g/8oz Cooking Apples, peeled, cored and sliced
Granulated Sugar to taste
100g/4oz Golden Syrup
75g/3oz Butter
75g/3oz Demerara Sugar
175g/6oz Self Raising Flour
1 heaped tsp Ground Ginger
1/4 tsp Ground Cloves
1 Egg, beaten

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4 and grease a 20x15 cm (8 x 6 inch) baking tin
2. Place the apples in a saucepan with granulated sugar to taste (2-4 tsp) and a little water, mix well then cook over a medium heat for about 15 minutes or until tender. Stirring from time to time
3. Meanwhile, place the golden syrup, butter and Demerara sugar in another small saucepan and heat gently, stirring, until dissolved. Set aside to cool.
4. Once the apples are cooked, drain off most of any remaining liquid then mash well and allow to cool.
5. In a large mixing bowl, mix together the flour, ginger, and cloves. Make a well in the centre of the flour mixture then add syrup mixture and beat well.
6. Add the egg to the apple mixture then add the apple mixture to the flour mixture and beat until well combined.
7. Transfer to the greased tin and bake for about 30 minutes until firm.
8. Allow to cool in the tin for a few minutes before turning out. Cool on a wire rack.





Apple Crumble

There are lots of fruits that can be used as an alternative to apples e.g. Rhubarb, Brambles, Blackcurrants, Cherries, etc.

Ingredients

225g/8oz cooking apples
Peeled, cored and thinly sliced
100g/4oz sugar
Grated rind of 1 orange

Crumble Topping

175g/6oz plain flour
75g/3oz butter
75g/3oz sugar

Instructions

1. Place the fruit in a 1 1/2 pint pie dish, layering with the sugar to taste and the orange rind.
2. Sift the flour into a bowl, rub in the butter until the mixture resembles fine breadcrumbs and stir in the sugar.
3. Sprinkle the crumble evenly over the fruit, smooth the surface and press down lightly.
(Chopped almonds, walnuts etc. can be added to the crumble if preferred)
4. Place the crumble in a hot oven 220°C/425°F, or gas mark 7 for 20 minutes and then reduce the heat to 190°C/375°F, or gas mark 7 for a further 45 minutes or until golden brown.

Turkey/Chicken with Apples

This is a quick and easy recipe which has the added advantage of introducing even more nutrients by way of the apples. Serve it with creamy mash and a green vegetable. Cabbage with Bacon would be a good choice.

Ingredients

2 tbsp Olive Oil
4 Turkey Breasts
Salt and Black Pepper
A Knob of Butter
1 Small Onion, finely chopped
2 Apples, peeled, cored and sliced
240ml/8fl.oz. Chicken Stock
1/2 teasps Dried Sage

Instructions

1. Cut each turkey breasts into three pieces and season the turkey with salt and pepper.
2. Heat the oil in a large frying pan then add to the pan and sauté gently for 4-5 minutes on each side until cooked and browned.

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3. Meanwhile, heat the remaining oil and butter in a large saucepan then add the onions and sauté for 2 minutes.
4. Add the apples to the onions and continue cooking for 3-4 minutes until the apples are just beginning to soften, then remove apples and set them aside.
5. Slowly add the stock to the onion, mixing well then raise the heat, add the sage and bring to the boil. Continue to boil for a few minutes until the sauce is slightly reduced and starts to thicken.
6. Add the apples and cooked turkey to the sauce and cook for 3-5 minutes, spooning the sauce over the turkey. Serve hot.

French Apple Tart

Sweet flan pastry

150g/5oz plain flour
pinch salt
75g/2 1/2oz butter, cut into small pieces
15ml/1 tablespoon caster sugar
10ml/2 teaspoons ground almonds
1 egg yolk
30-45ml cold water/2 to 3 tablespoons

Filling

450gm/1lb cooking apples
Cooked, unsweetened and puréed
2 cooking apples, peeled, cored and thinly sliced
50g/2oz sugar
Grated rind of 1/2 lemon

Glaze

15ml/1 tablespoon apricot jam
10ml/2 teaspoons water
5ml/1 teaspoon lemon juice

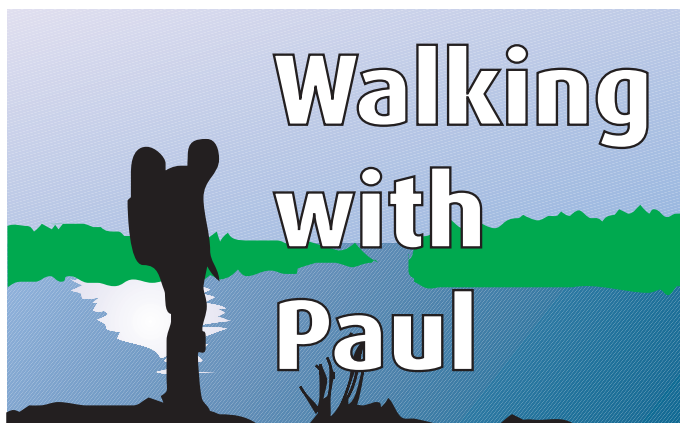
Sweet Flan Pastry

1. Sift the flour and salt into a bowl, add the butter and using the fingertips, rub the fat and flour together until it resembles fine bread-crumbs.
2. Add the sugar and almonds. Stir in the egg and enough cold water to mix to a stiff dough with a palette knife.
3. Turn out onto floured surface and knead lightly for one minute until smooth.
4. Wrap in foil and chill in the fridge for about 30 minutes

Instructions

1. Roll out the pastry and line an 20cm/8" flan tin. Set on a baking tray.
2. Add the sugar and lemon rind to the apple purée and spoon into the flan case.
3. Arrange the sliced apples neatly on the top. Bake in a hot oven 200C/400F or Gas Mark 6 for 25-30 minutes or until the pastry is cooked and the apples become golden brown.
4. Put the jam, water and lemon juice in a saucepan and heat, stirring occasionally, until syrupy, then brush or spoon the glaze over the tart.





Here is Paul's twentieth walk in his series of monthly rambles. This month his destination is Market Weighton

Maps:- EXPLORER 294

Start at GR. 878439 Towthorpe Picnic Lay-by on A614.
Distance 5.6 Miles.

Leave the lay-by at the northern entrance and turn right onto a well defined farm track. After about 500 metres turn left and follow the farm track keeping the hedge on the right. After a further 500 metres pass through a gap in the hedge on the right and after a few metres turn right and keep a small copse of trees on the left.

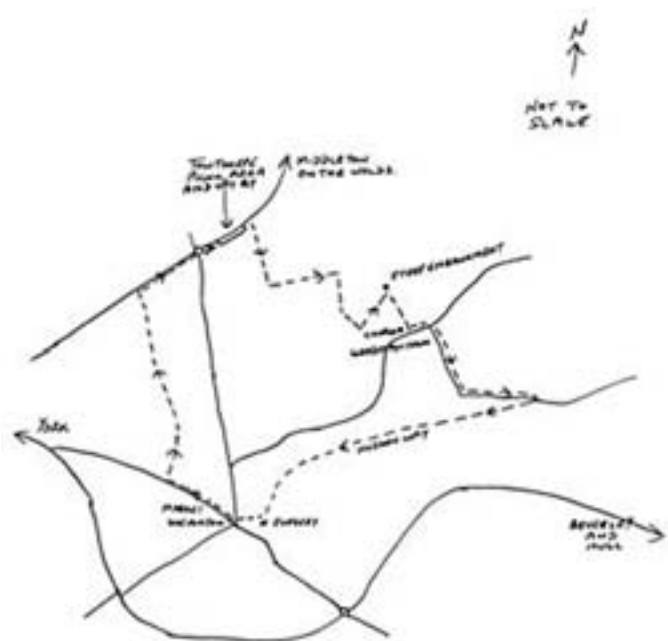
Continue in this direction until reaching the end of a hedge then turn left and walk towards Goodmanham. On approach-

ing the old railway track, veer left and pass down a short steep bank to pass under the bridge. After passing under the bridge, ignore a path to the left but continue straight ahead, cross a plank bridge and stile and walk up a fairly steep grass field. At the top, cross a stile and pass private garages on the right and then emerge on the road opposite the Goodmanham Arms. Turn left and walk through the village passing the church on the left.

At the top of the village, turn right and follow the road for about 1.2 kilometers and at the point where the old railway line crossed the road, turn right and follow the old railway track back towards Market Weighton (signed posted Hudson Way Market Weighton).

Follow this track back to Market Weighton and at the end of the track continue along the surfaced road. On reaching the "T" junction turn left. After passing the Surgery on the left, cross the road and pass through the car park and then turn right on reaching the main street and walk through Market Weighton.

Immediately after the last house on the right, locate and pass through a kissing gate on the right and walk diagonally across the field following a line of telegraph posts. Cross four footbridges to meet the main A614 road and then turn right and follow this road to the roundabout, cross the road and walk back to the lay-by.



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Tickton AFC Girls Under 10's team require new players for the coming season

Tickton AFC Girls Under 10's football team are recruiting new players for the coming season, from girls in the school years 4 and 5 to play in their successful under 10's team.

Any girls wishing to join should contact Jonathan Nassau, the teams coach on 07801 476483.

Cottingham Hull City Supporters helping their local community

An Auction Evening was held in May at the Woksiever Restaurant on Hallgate by the Cottingham Branch of the Hull City Official Supporters Club. The evening was a huge success and guests included ex-Hull City players Pete Skipper and Stan McEwan. Mike White of Radio Humberside was Master of Ceremonies and Auctioneer for the evening (ably assisted by Pete and Stan) and guests were entertained by Steve Wharf the "singing cabbie" and Ian Haywood a local comedian.

The auction and raffle of a large number of items, generously donated by many local traders and organisations, raised over £2,500 which is intended to be used to support local sporting/youth projects.

Application for a donation from the funds raised at the above evening should be from locally based groups, and include details of the specific project for which it will be used. Groups applying should not have a main sponsor or central funding, it should not be for maintenance purposes, and must be for a specific project that the grant will cover in full. Application Forms are available by contacting the Branch Secretary on secosc@google.co.uk by 19 September 2009.

The Branch recently celebrated their first anniversary after a year which has seen Paul Duffen, Chairman of Hull City and many Hull City players attend the meetings for question and answer sessions.

The Branch's first year has also included a very well organised trip to Wembley for the Final of the play-offs and a very successful and enjoyable family Christmas Party, which was held at the King Billy where the Branch has made the pub's Old Brewery Bar it's home, with the kind permission and support of landlady Maggie Clarke.

Meetings are held monthly and anyone interested in attending will be made very welcome. Membership is free if you are a member of the Hull City Official Supporters Club and £2 for non-members. Details for joining or any other enquiries can be addressed to the Cottingham Branch Chairman, Ian Garmston at uphetigers@gmail.com.

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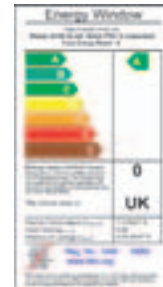
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After a lot of positive feedback about her first article on dogs home alone, Ruth Bryant, our behaviour and training nurse tackles another common problem, introducing a new kitten to your already established cat.

New Puss on the Block

I have bought a new kitten (Fluffy) to keep my other cat (Thomas) company. I think Thomas is jealous of Fluffy. He doesn't sit on our knees any more, but hisses and runs away if we try to stroke him. He hardly ever comes down from the top of the kitchen cupboards, and he won't use his litter tray any more. Instead he is spraying (urine) on the furniture and curtains.

Fluffy is very good, she always uses the litter tray and is happy to sleep in the cats' bed. She loves being stroked and nuzzles and rubs us with her head. I don't know if we can keep Thomas as the smell is awful. I haven't been letting him out since we lost his brother on the road – but there are moments when I have been tempted to risk it.

Hi – My name is Thomas. My territory has shrunk to the top of the kitchen cupboards and I am TOTALLY stressed out. I was purrrfectly happy until recently, sharing my territory with my brother. Unfortunately he crossed the main road once too often,



and then I quickly settled down to life on my own. I like my own company and like most cats am not overly sociable with others of my own kind. I want to hunt the prey on my territory, not share it. I was quite content even though I was kept inside most of the time – a little dull but tolerable.

Then CATASTROPHE – 2 weeks ago a young kitten has TOTALLY invaded my territory. How would you like it if a total stranger moved into your home uninvited, started sleeping on your bed, eating off your dishes, and even using your toilet!!!. Fine if you are a dog.

Clearly scent marking my territory from my facial glands is not sufficient. The boundaries need stronger defences so I have begun spraying on the curtains and furniture. I feel a bit safer when there is plenty of my scent in the air. Good news on the toilet front though – When IT is asleep I can sneak down and I have found a quiet corner behind the chair instead of the litter tray and scratch my claws into the stair carpet on the way back. Fortunately IT is unable to get up here.

The people (or staff as I prefer to think of them) are no help. They allow IT on my things, even on top of them. They then try to touch me when they stink of IT. That really does tick all the wrong boxes – I can't bear them to touch me. If I could just get outside again and put a bit of space between me and IT, and have something else to think about.

Cats hunt small prey and often live solitary lives other than when reproducing and caring for their young. Siblings may share parental duties, but go hunting separately. There is no advantage to hunting together. There is benefit in holding a territory to hunt in, and avoiding physical conflict through scent marking and respecting other cat's boundaries.

The introduction of a new cat into a household is possible and there are ways of conducting the introduction to give the best chance of having 2 happy cats living together. This may vary from pheromone sprays/diffusers to relax the atmosphere to position and number of litter trays. Ruth is available for further advice at our Cottingham surgery on 01482 843210.

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A New Beginning for “Health Matters” of Willerby

A new beginning - after 16 happy years running the health food shop (Health Matters) in Willerby Square, John and Trixie the proprietors have decided to downsize, by closing its doors for good, in order to concentrate on their popular Hessle shop with its old world charm and atmosphere.

As the two shops are only ten minutes apart they hope to retain the loyal custom enjoyed and appreciated so much at Willerby.

They would also like to mention that a home delivery/mail order service will be available by phoning them on (01482) 641781 (£10 minimum order.)

John and Trixie wish all their customers well, and hope very much to see them at their Hessle Shop.

World's Biggest Coffee Morning and Craft Fair at Skidby Primary School on Saturday 26th September

We will be holding a Coffee Morning & Craft Fair once again at Skidby Primary School on Saturday 26th September to raise funds for MacMillan Cancer Support as part of the World's Biggest Coffee Morning.

This event will run from 10am - 4pm and as usual there will be a variety of crafts for sale, including cards, paintings, jewellery, cosmetics, books, woodcrafts, plants, handmade cushions and boxes, fragrant & Oriental gifts + more, as well as hot drinks, elevenses (11am-12 noon), sandwiches (after 12 noon) & cakes & pastries (served all day).

There will be a raffle & tombola during the course of the event with great prizes and free sweets for ALL accompanied children. Come along, join us and have fun! Free entry, disabled access and parking. Sat Nav HU16 5TX.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

Managing Dentist Anxiety

Hello again. How are you all doing? Hope you have had a good summer. Is it me or do the summer holidays start off quite slow and then seem to accelerate to a really scary rate as if you are on fast forward? I have digressed already. Now, to the matter in hand.

Does Your Heart A Flutter?

Now, I have been at this game for long enough to realise that not everyone is fond of the dentist, or I should say going to the dentist. To some the word dentistry or dentist is an emotive word. It can set the heart a fluttering, the pulse racing and make the skin a bit moist. I understand this. I have had people come see me and be in tears before I even get the chance to shake their hand, say hello and welcome them. I understand that this is a massive step for them to actually get through the door and ask for help and for this I have lots of admiration.

Some people cannot even get to this step and suffer without

professional help. I hope that I can give a little bit of hope and some "Dr Smile Maker" Top Tips to help.

So, What Is It All About?

Sometimes anxiety is brought on by a past experience. I have lost count of the number of people who said it was due to the school dentist of long ago. The association of this experience is locked away in the brain with an alarm set up around it. Each time you get near this the alarm is raised and anxiety begins. Sometimes the anxiety is more innate like a fear of spiders when there has been no previous bad experience. In computer terms in both cases (and I am no computer buff) there is an old program running. What you really need is a new program or update disc.

There are several ways to deal with dental anxiety. They can be split into two main groups of no drugs and drugs. Most of what I will discuss will relate to coping with dental anxiety relating to actual treatment but some methods will relate to helping some of you making that first step of making it to the first appointment.

Getting By Without Drugs

Personally, I deal mainly with the no drugs method. I find that the advantage of this is that it empowers you and gives you more control, self efficacy and self esteem. You can also use some of the methods in other areas of your life. The next bit is to do with getting by without drugs.

So, What Do I think Is The Most Important Thing?

I think that the most important thing, and have said this in an earlier piece, is building a good relationship. We are all only human. Explain yours anxiety and fears. Let your dentist understand. Communicate. Once understanding is there you have something to work from, a working relationship is formed and trust develops.

Imagine not going to the dentist for over twenty years through fear brought on by an experience in childhood. Over the years the problem gets worse, you develop a dental problem but ignore it until you cannot ignore it anymore. You have to go to see a dentist but break down and cry. Rather than be told to pull yourself together and get on with it you sit together to discuss the problem and have a chat about it. You feel better about it already because you have some understanding.

You may never have had that before. You then feel comfortable enough for your trusted dentist to have a look at the problem. Your dentist then explains everything to you including your dental condition and treatment options giving you control and empowering you to make decisions about yourself. Often the new program and update disc is already running. You make a decision, have some treatment and are better off for it. You feel great! Two birds with one stone, dental problem sorted and a new self confidence and self esteem. You now continue to have your mouth examined regularly to keep everything in check and maintained.

You May Think I'm A Dreamer

This is a case scenario that has happened and many other very similar scenarios have happened on many occasions over the years. In the last ten years or so the majority of people I have seen with dental anxiety can be helped in this way without moving on to other methods. If the update disc is still having problems loading then there are a few other tricks to try. More of these next time.

Top Tip: Talk to your dentist and communicate. Do not let things go from bad to worse. We are a caring profession here to help.

I hope that this has given you some hope and inspiration.
Take care

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for over 16 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.
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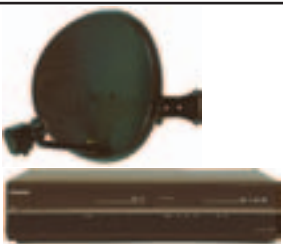
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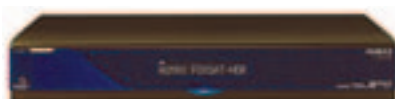


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Wedding Fayre

Saturday 3rd October - 10.00 to 3.00 pm

Back in January 2008 I had the pleasure of presiding at the wedding of Graham and Sheena Atkinson-Taylor. What was remarkable about their wedding, amongst other things, was that the couple had organised their entire wedding; from church and minster, to wedding cars, reception, flowers and everything else that is required, in Cottingham, in one day.

Remembering my own wedding day, and the days spent trawling around looking for venues, and cakes, this was nothing short of astonishing. Neither was there any evidence that they had made compromises, everything was just fantastic. The second surprise, of course, was that everything could, in fact, be found within the village.

We really are fortunate to live in such a well provisioned place. You may realise from our articles on local produce, that our church is passionate about maintaining our community and its diversity. Cottingham Day went a long way to doing just that, but I felt it would also be good to celebrate our businesses by hosting a Cottingham-centric wedding fayre. Usually wedding fayres are held in hotels, or potential venues, but rarely in churches.

Wouldn't it be much better, I thought, for the bridal fashion show to happen down the aisle of the church, for the floral displays to be shown in the place where they would be destined to be, all the suppliers to be local. So the date was set, October 3rd from 10.00 am to

3.00 pm. Very quickly we found support from the businesses in Cottingham, Jacqueline's Bridal Gowns have agreed to provide us with our 'Catwalk Shows' at midday and 2pm.

We have secured cake makers, printers, florists, venues, limo hire, hairdressers, you name it, we have it - all the elements needed, including you. I will be on hand if you may be considering a church wedding. Entry will be £2 per person, to include a drink, lunches and snacks will be available throughout the day.

Rev Andy

Graham & Sheena in 2008 sourced their entire wedding in the village, in one day! Come and see how...

Wedding Fayre
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Cottingham Methodist Church Community News

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In the Garden



Fruit and vegetable garden

Pick apples and blackberries for use in pies and desserts.

Pick autumn raspberries as they start to ripen.

Cut out fruited canes of summer raspberries and tie in new canes that will fruit next year. Select strong, healthy canes and cut out weak, forked or misplaced ones (such as those growing out into the paths).

Blackcurrants are often pruned commercially this month (straight after harvesting), but it is better for home gardeners to wait until the leaves have fallen, and to prune the plants while dormant during the winter. Valuable time is best saved for more urgent jobs that cannot wait beyond this month.

Water any new strawberry beds planted this season. If you have not yet planted new beds, this is really the last chance to do so, and only then in milder parts of the country. New plants need to establish before the cold sets in.

Lift and pot up rooted strawberry runners from vigorous plants.

New trees can be planted once the autumn sets in and the dry weather is over. The soil will still be quite warm in September even if the weather is cool, and the roots of new plants will benefit from this. This is particularly important for peaches and nectarines. Other fruit trees may have a higher tolerance of cold at the roots, and can be planted later.

Remove apples, pears and plums affected with brown rot to prevent the disease from spreading.

Prune out any dead, dying or diseased shoots on fruit trees that are affected by diseases such as bacterial canker, cherry leaf scorch, powdery mildew or other problems that can overwinter or continue to wors-



en. Avoid pruning stone fruits (e.g. cherries or plums) once they are dropping their leaves, as this can make them vulnerable to silver leaf. Peaches and apricots can be sensitive to cold, so for this reason are best pruned in spring and summer.

Net or cage ripening fruits to protect them from birds.

Monitor yields on soft fruit crops, as older plants frequently become infected with viruses, which reduce yield. They may need replacing.

Vegetables

Continue to sow vegetables for overwintering, to mature next spring: turnip, spinach, winter lettuce, Oriental vegetables and seed of overwintering onions, both salad and bulb types.

Plant overwintering onion sets in late September.

Spring cabbages that were sown last month are probably ready for planting out. Cover them with horticultural fleece or netting to stop the pigeons shredding them.

Dig up potatoes before slug damage becomes a problem. Leave them out to dry for two to three hours before storing. Only store sound tubers in paper sacks or boxes.

Regularly pick fast maturing vegetables, such as French beans, runner beans, courgettes, cucumbers, peppers and tomatoes, to prevent them becoming stringy, tough or bitter and to encourage further crops.

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2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Keep up with watering of new plants, using rain or grey water if possible
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

Remaining outdoor tomatoes should be picked by the end of the month and ripened indoors. The whole truss can be cut off to allow the fruits to ripen 'on the vine', perhaps under a cloche or on a windowsill. Any green fruits can be used in chutneys.

Aubergines may still be cropping in the greenhouse. Pick them once the fruits have coloured, but before the skins start to wrinkle.

Lift onions and shallots once the foliage has started to die back. Do not be tempted to bend over the tops by hand as this can reduce their effective storage time. Allow them to dry on the soil surface if weather permits, otherwise dry in a well-ventilated shed and store in a moisture-free place. Thick-necked onions should be used rather than stored, as they may be prone to rots.

In cold districts, carrots, beetroot and turnip are best lifted and stored for use over the winter. Only store intact roots. Parsnips should be left in, as they taste better once frosted.

Harvest sweetcorn as it becomes ripe. Push a fingernail into the kernel when the tassels at the end of the cob start to shrivel and brown. If the liquid looks milky, they are ready.

Flower garden

Sow sweet peas in a cold frame or the greenhouse for early summer blooms next year.

Sow other hardy annuals (e.g. Consolida, Calendula, Centaurea, Limnanthes and poppies) in situ. If you have very heavy clay soil, you may get better results by sowing under cover in containers or plug trays, as the seedlings are less likely to rot.

If you sowed any spring-flowering biennials such as Viola, Digitalis (foxglove) or Erysimum (wallflowers), earlier in the summer, they will now need planting out.

This is a good time of year to plant new perennials, especially towards the end of September, as the soil is still warm, but moisture levels are increasing. There is still time for them to establish before the real cold sets in.

Bring inside any tender perennials, such as Fuchsia, Gazania, Lantana and Abutilon, before frosts cause damage.

Wait for the first frosts to hit dahlias and cannas before lifting the tubers or rhizomes. In warmer regions, they may be alright left in the ground, but do cover the crowns with a protective layer of straw or bracken.

Buy spring-flowering bedding plants, such as Bellis, Primula, wall-flowers, and violas.

Buy or order spring-flowering bulbs. Try to plant daffodils (Narcissus) by mid-September for the best results. Tulips are best left until November. Remember that there are many other bulbs to choose from: Muscari (grape hyacinths), Chionodoxa (glory of the snow), Scilla, Ipheion and crocuses are all possibilities among many others.

Don't neglect hanging basket maintenance - a little deadheading, watering and feeding can keep them going until mid-autumn. Once



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they are past their best, re-plant as winter/spring hanging baskets with spring-flowering bulbs, winter heathers, trailing ivies and spring-flowing plants as above.

Continue to deadhead plants such as Dahlia, Delphinium, Rosa and Penstemon to prolong the display and give colour well into the month.

Continue cutting back perennials that are fading and dying down.

Now is a good time to divide any overgrown or tired looking clumps of alpines and herbaceous perennials such as crocosmias. This will invigorate them, and improve flowering and overall shape, for next year.

Continue collecting and storing seed from perennials still forming seed heads.

Take cuttings of tender perennials, such as Pelargonium and Osteospermum. These plants often do better grown from new cuttings each year, rather than being overwintered in pots as adult plants. If you do not have a greenhouse, then use a light windowsill to grow them on.

Some tall late-flowering perennials, such as asters, may still need staking to stop them being blown over in the wind.

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Your Stars for September 2009 - By Kay Gower

Aries - (Mar. 21- April 20)

September is a time for expressing your real desires and feelings, and openly displaying the love you feel for others. Your playful, fun-loving, or dramatic side is accentuated. Sports, games, entertainment, and creative activities are all well starred this month.

Taurus - (Apr. 21- may 21)

You may be very tempted to spend on something that will make your life more comfortable and pleasant, an extravagant purchase may be hard to resist. This is a fine time, however, to purchase beautiful things, which will increase in value and be appreciated for a long time to come.

Gemini - (May 22-June 21)

Your desire for comfort and security is emphasized this month, and spending some quality time with your family or by yourself is satisfying. Home is the priority right now, and this is a good time to give it extra attention. This is also a time for going within to replenish "you" in order to meet the challenges and stresses of your normal everyday activities.

Cancer - (June 22-July 22)

This month you know what you want and woe betide anyone or anything that gets in your way! You are much more likely to become domineering, pushy, or inconsiderate, so it's a good time for you to do things by yourself rather than with others. Accidents made in haste may occur due to your impatience, try to slow down. On a positive note, your physical energy is high and you could accomplish a great deal.

LEO - (July 23-Aug 22)

You've always known that you've had talent long before anyone else seemed to pay attention to it. By mid September, you begin to receive the accolades you deserve for your work. Problems that at first seem overwhelming will be your biggest opportunities to shine. This month, you're acknowledged as the smartest apple in the barrel.

Virgo - (Aug 22 - Sept. 23)

September finds you highly ambitious, and full of optimism for new enterprises and plans. In fact, you may be foolishly overconfident. Don't try to take on more challenges than you can really meet especially during the first week. This could, in fact, be a very productive month, but only if you can keep your expectations within reasonable bounds. The 4th is significant for some reason.

Libra - (Sept. 24 -Oct. 23)

Allow the past to guide you into the present. Everything you are today is a result of who you were yesterday. Past wishes, dreams, even the blinkers you've worn, appear in your rearview mirror. You're old enough to look back with a smile ... when you believe in you, everyone else does, too.

Scorpio - (Oct. 24 - Nov. 22)

Strange thoughts cross your mind. Thoughts like: This is the best way everything could have possibly turned out. I can do it! These thoughts are a sign that 'Lady Luck' is back on track.

Sagittarius - (Nov. 23 -Dec. 21)

Significant changes in your social circle may occur during September/October. You are beginning to move away from the conservative or outdated, and are likely to meet a number of unusual and interesting people. You're being drawn to those who are more innovative, creative, or eccentric in some way.

Capricorn - (Dec 22.- Jan. 20)

Something, which has been hidden, may come to light now. Skeletons in the cupboard could be revealed or at least be given a good old rattle! Be careful you don't accidentally throw away something of great sentimental value.

Aquarius - (Jan. 21.- Feb. 19)

This is certainly the time when you may receive a wonderful offer or a big breakthrough of some kind, BUT . . . you could just as easily be overwhelmed by exaggerations and unrealistic optimism. It is up to you to be able to distinguish the difference between a pipe dream and a genuinely sound opportunity. Make sure you get plenty of "quiet time" to think everything over.

Pisces - (Feb. 20-Mar. 20)

Entertainment that are mentally challenging, such as crossword puzzles, or other word games, have a strong appeal to you now. You will enjoy dramatic presentations, the theatre, creative writing, poetry, and, if you have natural leanings in any of these areas, you will be inspired with ideas for future creative projects.

Forthcoming events at Cave Castle Hotel & Country Club

Salsa & Supper Evening - £15 per person
Sunday 13th September

Doors open 6.30 pm; Tuition from 7.00 pm, 8.00 pm supper followed by dancing until 12.30 am! Two left feet welcome!

Wedding Fayre

Sunday 20th September

11.00 am until 4.00 pm - There will be Bridal Show and a variety of exhibitors on hand to help you with your Special Day

80's Extravaganza Night - £20 per person
Friday 2nd October

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Halloween - £22.50 per person
Saturday 31st October

Join us in character for a frightful night this Halloween here at the Castle, enjoy Dinner and stay over if you dare for £125 per couple inclusive of dinner

Murder, Mystery Night - £29.95 per person
Saturday 27th November

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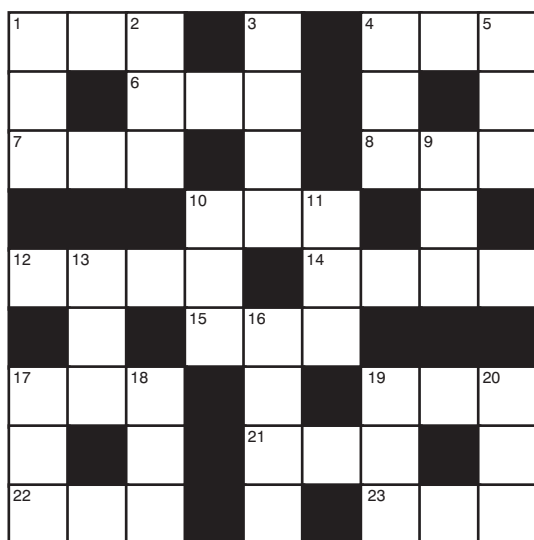
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Across

1. Three times 161
4. 7 across minus 101
6. 1 down doubled
7. 13 down minus 132
8. 4 down plus eighty-nine
10. Half of 1724
12. 23 across times five
14. Nine times 1067
15. Minutes in two hours
17. Four times 218
19. 23 across times three
21. Twelve dozen
22. 18 down plus 130
23. 9 down plus twenty-nine

Down

1. Three gross
2. 16 down divided by six
3. 6 across times four
4. Months in eleven years
5. A third of 1293
9. Seconds in four minutes
10. 17 down minus twenty-two
11. 1 across minus 193
13. 21 across plus 193
16. 22 across times seven
17. 14 across divided by eleven
18. Ten score
19. 10 down minus nine
20. 19 across minus seventy-eight

WE ARE ALL UNIQUE

As you are all aware, Beverley hosted the most important day in East Ridings calendar "Ladies Day". It was teeming with ladies who had made a tremendous effort. The whole race course was awash with a rainbow of colours.

In previous years this day was all about hats, but as fashions change we saw less of the fascinator and the launch of the hatinator.

Hatinators have become a huge trend this season, they are versatile as ladies with long or short hair can wear them. They can be worn simply and stylishly or show stoppingly dramatic. I was very honoured to be invited to act as one of the judges, Unique were the main sponsors this year offering a fantastic prize of a years free hair-dressing (upto the value of £1,100) to the winner of the "Best Dressed" award. I thoroughly enjoyed the whole experience although as you can imagine it was a very difficult task.

The lady who stood out the most was Michelle Taylor who had been inspired by 40's style "Day at the Races" and Audrey Hepburn. Her dress was simple yet elegant but she made it look amazing by adding fabulous accessories such as a hand-made parasol, net gloves and seamed stockings. This is what Ladies Day is about achieving the total look and not just buying a great dress. I really hope I get invited back next year.

As we head into the Autumn months a lot of us are experiencing sun-drenched hair from our blissful holidays. We all need to be aiming for the ultimate health and shine where our hair is concerned. This can be achieved with a course of luxurious spa treatments or bang on trend colour techniques. The predicted fashion colours for Autumn are beautiful berries and sumptuous chocolates for brunettes and honey and caramel tones for blondes, these should be strategically placed to show off your style to the max.

The four predicted trends for the Autumn and Winter created by Wella are Virtual life, Intersexion, De-lush and Utopia. Unique's stylist Jane has recently been to the Wella Studios in Manchester to work with the creators of these trends to take them from the catwalk and make them more client friendly.

There's only 3 or 4 appointments left until Christmas and we are finding many of our clients are booking their next few appointments in advance so they can relax knowing they won't struggle to get the time and date they want. Due to high demand we are opening on Sunday 20th December so hopefully everyone can have their hair done in time for the festivities, but I do recommend our clients to book early to avoid disappointment.

August saw us celebrate our 3rd Birthday and we would like to thank all our clients for making Unique a success. To celebrate we have our special System Professional Bag promotion on in September. From 1st September until 26th September you will receive 3 System Professional products (exc masks and specialist products), a free in-salon treatment and a £10 colour voucher (to be used off a colour service in October) all for the fantastic price of £22.50. This package would normally cost a minimum of £50. To take advantage of this fantastic offer call in to Unique where one of our highly trained staff members will be happy to recommend the optimum products for you.

Ben



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next months edition of the Cottingham Times for the Unique Hair Guide.

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Barn Dance the Night away for Dove House Hospice

On Saturday 5th September, a Barn Dance and Hog Roast is taking place at the Land Plan Ltd yard in Dunswell to raise vital funds for local charity, Dove House Hospice.

The evening, which is keeping in line with tradition and taking place in an outside barn, promises to be a night full of great entertainment. Ceilidh band, Wild Folk (www.wildfolk.co.uk) will be providing the music and encouraging everyone to get up and do-si-do the night away and there will also be a Hot Roast, a bonfire and many fundraising games to raise additional funds for the Hull based charity.

Alan Russell, one of the organisers of the event said: "It's great to be able to support Dove House by holding this event. We hold this event every year and hope the 2009 event will be bigger and

better than ever and that we can raise some vital funds at the same time."

Tickets for the Barn Dance and Hot Roast cost £12.50 and are available by calling 01482 858259 (Monday to Friday, 9am-5pm) For more information on this or any other Dove House Hospice event please contact the fundraising team 01482 785743.

Skidby Mill Chickens hoping to make the "grain"

Skidby Mill has rescued six Battery Chickens and two light Sussex's (coming later).

The six chickens arrived on 22nd August and will be out and about in the Skidby Mill garden and yard.

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Free Electric Blanket Safety Testing begins September 14th throughout the region

Free electric blanket safety checks will be carried out by East Riding of Yorkshire Council in partnership with Humberside Fire and Rescue during the week beginning 14 September.

Last year, more than 300 electric blankets were tested as part of the council's continuing programme of electric blanket safety checks. 31 per cent of the blankets failed the safety test and were found to be dangerous to users.

National statistics show that old and unsafe electric blankets cause over 5,000 fires each year and more than half of all electric blankets tested nationally are found to be unsafe.

Electric blankets that are over 10 years old do not have the same safety features as modern blankets. Serious defects can also develop when blankets are not used in accordance with the instructions.

Angela Currie, consumer education officer, said: "Electric blankets are often used by older or vulnerable people so it is important to ensure they are safe. Older residents may be using dated or even dangerous blankets without realising."

Councillor Jane Evison, portfolio holder for public protection, said: "I urge East Riding residents to take advantage of the free electric blanket safety checks being offered as the statistics regarding dangerous blankets are quite shocking."

It takes six minutes to check each blanket and the testing sessions will be held at the following locations: Monday, 14 September, at Beverley Fire Station; Tuesday, 15 September, at Bridlington Town Hall; Wednesday, 16 September, at Preston Fire Station from 9am to 12.30pm, Wednesday, 16 September, at Withernsea Fire Station from 1.30-5pm; **Thursday, 17 September, at Darby and Joan Hall in Cottingham;** and on Friday, 18 September, at Hornsea, Floral Hall.

Unless otherwise indicated, testing will take place between 9am-5pm daily, finishing at 4.30pm on Friday.

Anyone who would like to have their electric blankets checked must ensure that an appointment is made for each blanket they intend to bring.

To make an appointment, call East Riding of Yorkshire Council on (01482) 393939.



Art in Cottingham

Once again the WEA are running art courses from the Methodist Church Hall, Hallgate, Cottingham, beginning in September.

Step-by-step tuition with plenty of tips and advice freely given by tutor Steve Waller. Classes begin on Monday 21 September, between 10.00 am and noon, and Wednesday 23rd September, between 10.00 am and noon, and 1.15 pm to 3.15 pm.

To enrol for a 10 week course, turn up on the day or contact the WEA on 01482 610833 or the tutor on 01964 626291 for further information.

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This month our Mystery Diners visited Pascos recently opened in King Street, Cottingham

A new name has appeared on the restaurant scene in Cottingham and at last we have an Italian restaurant to shout about. Based in the old Elliots Wine Bar premises on the entrance to Somerfield's car park in King Street, Pascos opened its doors in late June and appear to have been busy ever since.

We visited the restaurant on a Friday evening and I have to say, I was glad we had booked our table for two in advance. Although the restaurant is large and has covers for around 60 people, it does get very busy especially at weekends. If you are looking for an intimate, away from it all, quiet dining experience, this is not the place to come to. It is a bustling, noisy, typical Italian restaurant and if you didn't look outside, you could imagine you were in Italy.

We arrived on time and were shown to our seats in the middle of the restaurant. There is a bar to have a pre-meal drink, but we decided to have drinks at our table.

The menus were presented along with a wine list, and as is the case with many Italian restaurants, the menu is huge. Over 20 starters from £2.90 to £5.95, 14 Pizzas from £5.60 to £8.20, 14 Pastas from £5.60 to £6.50 and 18 main courses from £7.80 to £9.95. You will find all the usual starters on the menu from Garlic Bread through to Antipasto, Paté, Mozzarella salad and various Seafood dishes.

My wife chose Mozzarella Con Prosciutto, (Cheese cut into sticks and wrapped in Parma Ham) which was delicious. I went for Coze alla Crema (Large mussels cooked with onions, white wine stock, cream and served with warm bread) also at £4.85. The mussels were perfectly cooked and just enough for a starter.

The main course was a more difficult choice, we could have played safe and ordered a Pizza or Pasta, but decided to go for the meat-based dishes. My wife chose Pollo alla Crema £8.60 (Chicken breast cooked with white wine, tarragon, cured bacon and served on a sauce of chicken liver paté), which was tender, moist and very



tasty. I chose Pollo Caprese £8.95, because it is one of the few Italian dishes I can actually cook, so I thought I would see if there was any difference.

The chicken breast was stuffed with cream cheese and then wrapped in bacon and served with a cream sauce. I have to say it was lovely and certainly better than my own!! Both dishes were served with vegetables of the day and potatoes. Also in the Main Menu List are Steak, Duck, Salmon and Mussels, so there is plenty of choice for everyone. Because we were having chicken and my wife loves Pinot Grigio wine, we decided to have a bottle to accompany our meal.

Now in a lot of restaurants, this is where the bill starts to grow. Not here! The wine list must be one of the best value for money lists I have seen in a long time. A comprehensive, not massive list, with wines to suit everyone's palate and wallet. The Pinot Grigio we chose was under £10 and was well chilled, crisp and dry. At the price we were tempted to have another, but decided on sparkling water instead.

We were sorely tempted to have the Tiramisu as a sweet, but we could just not manage it.

The biggest surprise of the night was the bill. Although we had some of the more expensive courses on the menu and a decent bottle of wine, the total bill was under £40.

No wonder the place was buzzing and when we left people were still coming in.

If you like La Scala in Beverley or La Perla on Newland Avenue, you will absolutely love Pasco's (at a fraction of the price). If you like Italian food, well cooked and presented at amazing prices then this is the place for an enjoyable meal in lively surroundings.

Once again, another great night out at a Cottingham restaurant and we will be going back soon.

Go on, try it!!!! You will not be disappointed, but make sure you reserve a table first.



Cottingham Scouts and Guides Barn Dance to be held at the Civic Hall, Cottingham on Saturday 26th September

Cottingham's Scouts and Guides are holding a Barn Dance with the South Holderness Fiddlers in the Civic Hall, Cottingham on Saturday 26th September 2009 starting at 7 pm.

Please come and join us for an evening of fun for all generations ... no previous experience necessary!!

Tickets are available from; Barkers, Hallgate, Cottingham, Debbie Weston on 07811 850591, email debbie@weston6.karoo.co.uk, Helen Allcott on 875509 or Clare Drury on 07875 273061 priced at £10 per adult, and £5 per child. (Ticket includes Pie and Peas supper and there will be a licensed bar)

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Melanie Watson of Skidby Livery Stables with the third of her monthly articles

Alfie Passes with flying colours!!

One very confident young pony and one very happy child wended their way back to York . . . A new team had been forged. Alfie took on-board all his lessons and turned out to be a real little gem. It was a bit like letting a child loose in Hamleys Toy shop! Alfie discovered a whole new world and he loves it.

He tried so hard to keep up with his accompanying horse out riding, his disadvantage being extremely short legs of cause!!!! Therefore, he had to work hard to keep up!

This in its own right meant that he became forward thinking. Instead of worrying about not having a leader on foot to make all his decisions for him, he started to think for himself and accept this new way of going.

When he came in, he had only ever been on a lead rope with a young rider on board. As such, he had never really had to make any decisions for himself. Very often "lead rein" ponies never make "first ridden" ponies.



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They cannot and do not accept, that the child on board is as good enough as a security blanket after being so protected by an adult alongside. Alfie, however, proved to be a confident enough character to retrain to this new way of going.

We introduced jumping small fences, individually at first, then building a course of them. Carlie Hillion, my head girl, was chief jockey!! Alfie had her in stitches (and us) as he was so "go get up and go"!!!

The whole thing was so funny to watch and poor Carlie had a job to stay on, for laughing at Alfie's pure enthusiasm as he bundled round these fences, with ears so pricked they touched at the ends. Bless him, he turned out to be a swan, after being such an overweight ugly duckling!!

A Sad Reflection of the times

My website creates a lot of enquiries. I hear from people from all over the country who are having problems with their horses. I spend a lot of time trying to give good advice freely and helping where I can.

A lady called Jenny from Cheshire asked me if I bought horses that have significant problems, which I don't. We got talking and I did what I could to talk thro "Zander's" issues.

This young lady has had nothing but heartbreak and serious expense with this horse for four years. Three trainers later, vast amounts spent on X rays and physios, trying to identify where there is, or might be pain. (Pain being one of the main reasons for horses to go off the rails). My format with every new case is...

- Are they in pain?
- Have they known pain?
- Do they expect pain?

One of those criteria invariably fits the bill, I'm sorry to say.

Zander is now in my yard. He is angry, he has significant pain in his sacraliliac joints on the top of his haunches. He is in self-protection mode and is offering me nothing as yet. Why should he? To him I am a new threat to his well-being and he does not trust me.

If I were stupid enough to try to ride him now, then his full repertoire of violence would be flung at me. Rearing up to the point of going over backwards is his main ammunition. His is past caring if he gets hurt in the process. All very sad.

Jenny could not face having this beautiful powerful horse (which despite all his failings she loves) put down. I have decided to take him on as my own..financial suicide for me.... but, equally I cannot countenance euthanasia without first giving him a chance.

If there is anyone out there who would like to help sponsor this horse through his treatments and training, then I would be extremely grateful. He is a risk, but one I felt worth taking. If there is no way of giving this horse pleasure back in his life, then I will be prepared to put him down.

There is a long way to go before that though. *PLEASE WISH BOTH ZANDER AND ME LUCK!*

His story will be updated over the next few issues.

For more information go to www.instinctivehorsetraining.co.uk or telephone Melanie at Skidby Riding Stables, Middle Farm, Skidby, telephone 01482 875141.

Pictured below is Zander in the paddock at Skidby Livery Stables.





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Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.



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The Battle of Quebec 1759 and its links with Cottingham

Sunday, 13th September, this year is the 250th anniversary of this battle. Why is this important for St Mary's and Cottingham? Firstly, a local man, Colonel Ralph Burton fought with Wolfe at Quebec, and has a memorial in St. Mary's Church (pictured above). And secondly, the battle was the inspiration for the names of about a dozen roads in the housing estate off Southwood Road.

There is Burton Road of course, and Wolfe Close and Mountcalm Walk, named after the British and French commanders, they both died as a result of the wounds they received. Monkton, Murray and Townshend were all brigadiers who served under Wolfe. Finally, Canada, the cities of Motreal, Ottawa and Quebec, and the St. Lawrence River are also included.

At one time the battle was remembered in a jingoistic sort of way, adding a great deal of red to the map. It did this of course, but today I think it should be thought of, not just in these terms, but as one of the great battles in world history, the culmination of the campaign in North America, part of the Seven Years War.

It was one of the few battles fought between European forces outside Europe. Numbers involved were relatively small. Militarily it was important because of the close co-operation between army and navy, this set new standards. Finally, the outcome of the battle to a large extent determined the subsequent history and development of North America. The British victory freed the American colonies from the French threat, thus they were able to take an increasingly independent line, culminating in the Revolutionary War about twenty years later.

At the same time as the loss of Quebec, France lost its forts in the west, notably Fort Duquesne on the Ohio which became Pittsburgh.

Continued on page thirty-eight

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The Battle of Quebec - continued from page thirty-seven

The newly formed United States then was able to expand ever westward until it reached the Pacific. Canada stayed under British rule, the French settlers who remained, were allowed freedom of worship, and played an important part in the development of the country. Today French influence is still strong in the province of Quebec. Many Americans who remained loyal to the British Crown fled to Canada after the War of Independence.

Later, slaves from America sought refuge and freedom in that country. Countess thousands of people from the British Isles, particularly Scotland emigrated to Canada in search of a better life. Eventually Canada itself became independent and a member of the British Commonwealth. In both World Wars Canada joined Britain to fight alongside the Mother Country from the start. The debt that we in Britain owe Canada is enormous.

Finally, may I suggest that people read an account of the campaigns in North America, including the Battle of Quebec. It makes interesting reading, the tide turning one way and then the other. For light reading the novel "The Last of the Mohicans" is based on an incident in that war and it helps to understand why on Colonel Burton's memorial, the war is described as "rude and savage".

Leonard Bean

Two Cooks needed for the Darby & Joan Luncheon Club

Owing to the impending retirement of their two cooks, the Cottingham Darby & Joan Luncheon Club will be requiring replacements. The positions are remunerable and the hours are 9.00 am to noon every Friday.

Please ring Mrs Hodge on 849077 or the club on a Friday on 845819 or call at the Club in Finkle Street on a Friday for more details.

News from the ABCD

The ABCD is opening its membership up again for 2010. The Association of Businesses in Cottingham and District has been in existence for over 20 years and was set up to give the businesses and services in the HU16 area a combined voice with which to talk to the ERYC and the Parish Council.

Chairman Nick Russell says "We currently have membership of around 80 local businesses and services out of a total of about 200.

Our aim this year is to grow to over 100 members, it is very important for local businesses to have a combined voice to oppose or support local developments in the community and the more members we have the louder we can shout."

"Cottingham itself is a thriving community of retail outlets and service industries, such as builders, plumbers, accountants, etc. and it is important to shout about your business to local residents. In this time of economic depression Cottingham appears to be bucking the trend, with any empty shops generally snapped up pretty quickly, unlike many other places suffering with empty units on a long term.

The aim of the ABCD is to let people know who is a member and hopefully use these shops and traders first", added Nick.

Membership is only £25 per year and for that, you get listed on the Business Directory which is distributed to over 10,000 homes every January, a listing on the ABCD Website with possible links to your own website, window and vehicle stickers, discounted advertising rates in the Cottingham Times and five or six meetings each year, which is great for networking with other local businesses.

New membership forms have been sent out to non-members, but if you have not received one yet, please contact Nick Russell on 848339. Forms must be returned before October 1st to make sure your business gets listed in the 2010 Directory. All existing members will have received their renewal forms by now and are asked to return them ASAP with their subscription.

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Below: Answer to Sudoku problem No. 32 from the August issue.

1	8	3	6	2	4	7	5	9
4	7	5	1	8	9	6	3	2
2	6	9	3	7	5	4	1	8
3	9	4	7	6	1	2	8	5
6	2	1	9	5	8	3	7	4
8	5	7	4	3	2	1	9	6
5	1	8	2	4	7	9	6	3
7	3	2	5	9	6	8	4	1
9	4	6	8	1	3	5	2	7

News from Cottingham Little Theatre

Play Readings

Our next Play Reading evening will be held on Monday 7th September in the Old Brewery Bar of the King Billy Inn in Hallgate commencing at 7.30 pm. Everyone is welcome to come along to take part or just to sit and listen. Why not give it a try. You may even finish up with a part in a future production. If you would like more information give Sue a ring on 01482 842250.

Social Events

The Riverboat trip in York took place on Sunday 30th August when ten members, guests and friends enjoyed an outing on the River Ouse. The bowling evening at IMF Sutton Fields will take place on Sunday 13th September and a Cheese & Wine Evening with Poetry reading is arranged for Saturday 26th September in the Darby & Joan Small Hall. Tap dancing re-commences after our summer break on Tuesday 15th September in the Guide Hut behind the Zion Church

These are open to all Members and Friends of the Society, so if you are interested in coming along and joining us, please ring our Social Secretary, Lynda on tel. no. 01482 849655.

Next Performance

As reported last month our next play will be a comedy, "Pull the Other One", by Norman Robbins. The cast has been chosen, rehearsals start later this month and performances will take place on Thursday 26th November, Friday 27th November and Saturday 28th November in the Darby & Joan Hall at 7.30pm as usual.

More information next month.

New Members and Friends

We are delighted to welcome new Members (either to act or to help backstage or front of house) and Friends, who offer us such valuable support both financially and spiritually. If you would like more details about becoming a Member feel free to contact either our Secretary Val on tel. no. 01482 or Margaret on Tel. No. 01482 846796.

If you would like to become a "Friend" ring Bob or Kaye on Tel. No. 01482 842270.

or have a look at our updated Website www.cottinghamlittletheatre.co.uk

or e-mail us at clt1920@hotmail.co.uk

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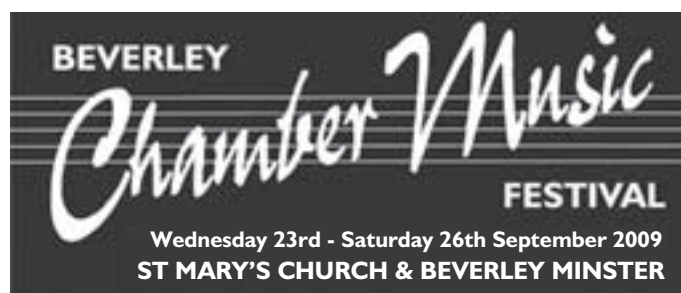
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Hallgate Schools -

January 1918 to December 1918

by Peter Railton (Local Historian and author)

Quarterly exams were held in the boys' department in January and into February 1918 - English, arithmetic and composition were the subjects as usual, but the proceedings were interrupted by severe weather which kept large numbers of pupils away.

Lessons on the 'transit of foodstuffs' were given in the upper classes in view of 'the present condition of the mercantile services'. German U-boats were sending thousands of tons of allied shipping to the bottom of the seas each month and the situation was becoming critical as the strangle-hold tightened. Economy became the watch-word - economy in food and any material that had to be imported - hence the efforts in the school gardens.

The Haltemprice Urban District Council staged a demonstration of 'Economic Cookery' to mothers, cooks, housekeepers, etc. under the Council's 'Food Economy Campaign'. Benches out of the cloakroom and corridors were lent for the occasion to the Council demonstrators - this was probably held in the hall. Strangely, there is no mention of this in the girls' log book - perhaps it was a joint effort, or the demonstration was also given in the girls' school but was not recorded. Mr Moorby had suffered several bouts of illness during the previous year and these continued into 1918 necessitating his absence from school. 'Ague' and influenza kept him away at the end of January and again in February. Miss Youngson asked for a day off to be with her cousin, a New Zealand soldier, who was on leave in Cottingham from his regiment.

The Urban District Council helped to secure another allotment for the boys to continue their good work - they were aware of the disappointment caused by having their growing area reduced by Mr Dunling, who was, however, prevailed upon to let them have a plot of 900 square yards close to the school building (where the playing field is now).

There was a 'violent air raid' around Cottingham on the night of 12-13th of March, 'the noise being so terrific that sleep was impossible for anyone.' Only eight boys turned up for school next day and fifteen girls and no infants, so they were sent home again. A further raid the next night resulted in more absences in the departments, but not enough to close the schools. A collection for 'Blinded Soldiers and Sailors' realised £2: 4s: 3d and was handed over to Mrs Burstall the local organiser. Lessons were held on the work of St Dunstons' Hospital.

Garden work was impossible during the middle of April due to 'snow, rain and wet soil', but the weather had improved by the end of the month - manure was delivered and work commenced. An appeal was made to the school by the Newland Orphan Homes on Cottingham Road for flowers to decorate their Whitson Carnival tents, floats, etc. The response was enormous - a cart load was collected by the boys and girls from their own gardens and from the hedgerows. Bunches of flowers had been contributed by all departments for a number of years, but in 1918 the response 'was staggering' probably due to the fact that the Orphanage had been established for the children of sailors lost at sea and the flowers were a recognition of the very great losses at sea at that time.

The usual Sunday School Feasts were held in June with the schools closing early to let the pupils attend. An exhibition of hand work done by the girls was held in their hall and a number of parents went to inspect it, also the Rev. Lowndes and Mr A. Dixon from the Urban District Council. Cases of mumps and measles appeared among the girls and began to cause concern to the M.O.H. - illnesses also spread to the boys and infants.

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Senior students from the Roman Catholic College visited the schools once again and showed particular interest in the allotments, so a demonstration was laid on with the older boys hoeing and weeding. The weather was hot and the soil was very dry after no rain for several weeks and Mr Moorby was a bit disappointed at 'the look of the crops on the whole. It continued hot and dry well into July making further sowings and plantings 'somewhat precarious'.

Despite the hot weather influenza was endemic that summer, striking down staff and pupils - 56 boys were away in early July and taken together with the girls' department where mumps and measles were the main cause of absences, nearly 200 children were away from the three departments at any one time with the result that the managers and the M.O.H. persuaded the County Council to close the schools earlier than usual on the 10th July for the summer holidays. Several boys were given permission to stay off longer to help with harvesting on their parents' farms after schools recommenced on the 19th August.

For a while, the number of absences through sickness decreased, especially in the girls' school. Miss Edith Chester from Beverley Girls' High School started duties as a student teacher and poor old Kathleen Legard was sent to an industrial school in York. Mr Crab, H.M.I. visited the girls' school for one day and examined all the classes - a far cry from the days of 'payment by results' when an inspector turned up for a two or three day inquisition - however, as in a lot of cases, the wheel has been turned full circle as Ofsted descend on a school often causing as much disruption as their predecessors did in Victorian times!

A half day holiday was arranged in the boys' department for the 13th of September to hold a sports day on a field owned by a Mr. Field - location unknown. - but a venue does appear later in the log book at a surprising place.

One of the teachers in the boys' school, Miss Steele, received news that her brother who was a ship's chaplain was missing after his vessel had been torpedoed near Gibraltar. This news saddened everyone, as indeed any news of the loss of a relative or a friend did. The war memorials in St. Mary's churchyard and at each side of the iron gates of the Memorial Gardens in Hallgate testify to the losses of Cottingham men - 105 of them, often two or three from the same family, most of them ex-scholars of the school. Great sadness was often a visitor to the schools in those days - fathers, brothers, cousins killed in action or at sea, others returned blind or injured and many people in the village were to know hard times for more years to come. Casualty rates grew and the 'Spanish Flu' epidemic of the 1918 claimed 150,000 British lives, service-men and civilians - this coupled with food and fuel shortages, plus more frequent Zeppelin raids had the effect of creating a feeling of despair - 'when will it all end' was a cry often heard.

Seasonal 'flu' exceeded mumps and measles and affected staff as well as pupils and three teachers were away in each of the departments and it was virtually impossible to get temporary staff because most schools were in the same situation that October, with the result that the M.O.H. ordered the schools to close on the 6th. When they reopened on the 4th of November only 68% of pupils were present in each department and the managers closed it again until Monday the 11th of November - the day the Great War ended. Strangely, there is no reference to this in either the girls' or boys' log books but it must have been marked in the schools.

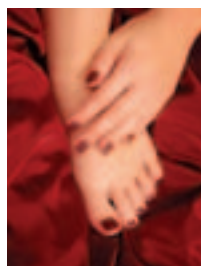
Illness still dogged both staff and pupils and the cold foggy weather made matters worse; everyone was glad when this terrible year drew to a close, with Christmas songs and hymns to parents in the respective halls on Thursday the 19th December 1918.

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The date of this wonderful opportunity for Cottingham is Sunday 15th November at 2.30 pm in the Hallgate Methodist Church. Tickets will be available from the usual sources from the end of October.

Full programme details will be publicised in the next Times edition, but it appears that Elizabeth and Ofer are making a C.D. recording shortly, involving Brahms, some of which will be the basis of our concert. However, there will also be music by Beethoven and Mozart, plus some popular classics and... a few lollipops!!!

When Elizabeth Altman arranges the programme, we are sure to be in for a memorable afternoon, but this time with the additional benefit of a violinist of the highest order. A CONCERT NOT TO BE MISSED.

Please look out for further details in the next edition. Meanwhile, tel 01482 847122 Richard Barton for information.

Nominations now open for local Sports Awards

This year sees the launch of the Hull & East Yorkshire's Sporting Heroes and Champions, created to give recognition to the sporting talent, commitment and passion of local people.

The awards sponsored by First Hull Trains and KCFM 99.8 recognise not only professional sports people, but also amateurs with seven categories dedicated to amateur athletes, coaches, volunteers, schools, supporters and clubs. The awards are open to people of all ages and any sport can enter.

So whatever your sport, be sure to visit www.heysportsawards.co.uk where you can make your nomination and find out more about the awards and nomination criteria. The closing date for nominations is 7th September 2009.

The awards will culminate in a glitzy award ceremony at Hull City Hall in November where the general public will be able to rub shoulders with local sporting legends. You can either nominate for yourself or nominate a teammate, friend or relative.

The Hull & East Yorkshire's Sporting Heroes and Champions Awards are supported by Hull City Council, East Riding of Yorkshire Council, Humber Sports Partnership, Hull City AFC, Hull FC, Hull KR and Hull Stingrays.

Anyone interested in finding out more about the awards should call 01482 648268.

Pictured below: Sarah Harrison, Brand Manager KCFM 99.8 and David Townend, Sales & Marketing Manager, First Hull Trains, get into the the sporting spirit.



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Skidby Village Hall & Institute



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Refreshments available.
Admission Free.
Tables cost £10.00.

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Monday 5.30 pm and 7.30 pm
and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am

Slimming WORLD

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Crossword Solution from page 14

1	S	T	U	C	K					4	A	R	M	O	R	Y
	O		N		I		8	T	A	N	G	O		R		U
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20	S		21	T	U	F	T	S		23	S	24	C	E	N	E
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29	R	A			30	S	L	A	M	M	E	R		D		I
31	R	E	32	A	33	L		E		34	M	Y	35	S	E	L
	Y		36	B	E	R	R	Y		38	A	E		U		S
		39	D	E	A				40	F		41	G	N	42	U
43	O	S	O		N			U			O		45	T	46	A
48	D	A	M	O	C	L	49	E	S		50	D	I	G	I	T
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52	S	O	N	A	R					53	A	G	H	A	S	T



Alternative Health



Goji Berries



What are Goji Berries?

Grown in Tibet & China at high altitudes in nutrient dense soils, these delectable, vibrant red berries are known for their health and longevity bestowing virtues. Scientifically known as Lycium barbarum and commonly known as Goji berry, wolfberry or lycium fruit. Known in the far east as Gou qi zi.

The Goji berries pack an unbelievable amount of nutrition into such a small package. They contain an amazing 18 amino acids, including all eight essential amino acids. They contain 12% protein, contain 21 trace minerals (including iron, zinc, copper, calcium, germanium, selenium, and phosphorus) and have the richest source of carotenoids of all known foods on the planet! Goji berries also contain vitamins B1, B2, B6, and vitamin E. They are fun to eat as an in-between nibble instead reaching for biscuits, chocolates or sweets.

The dried Goji berry is about the same size as a raisin, its very sweet and tastes similar to a raisin. The therapeutic dosage is 10-30 grams per day.

In a league of their own

Goji berries contain polysaccharides which strengthen the immune system. According to research a polysaccharide found in this fruit has been found to be a powerful secretagogue, which is a substance that stimulates the secretion of rejuvenative human growth hormones by the pituitary gland.

Goji Berries contain 500 times more vitamin C than oranges weight for weight.

The famed Chinese herbalist and Daoist master, Professor Li Ching Yuen, who apparently lived to the age of 256 years, consumed Goji berries daily. The life of Li Ching Yuen is the most well-documented case of extreme longevity known. Professor Yun died with all his own teeth and hair. Those who knew him say that he looked about 50 when he was already over 200. He outlived 23 wives and had 11 generations of descendents during his lifetime.

Production

The plants grow like bushes with vines that reach over 15 feet. The berries are never touched by hand as they will oxidise and turn black if touched while fresh. They are shaken onto mats, and then dried in the shade. These berries are grown without pesticides or other chemicals in one of the purest places on earth.

VILLAGE BATHROOMS & KITCHENS

Don't Move IMPROVE!!!

So the holidays are nearly over and its time to get ready for the winter. If you are thinking about home improvements, now is the time. Our fitters are filling their order books and we are filling our diaries.

We still corner the market in good old fashioned service and our knowledge of bathroom fitting and kitchen design is second to none. Our book of recommendations is getting larger as is our picture portfolio.

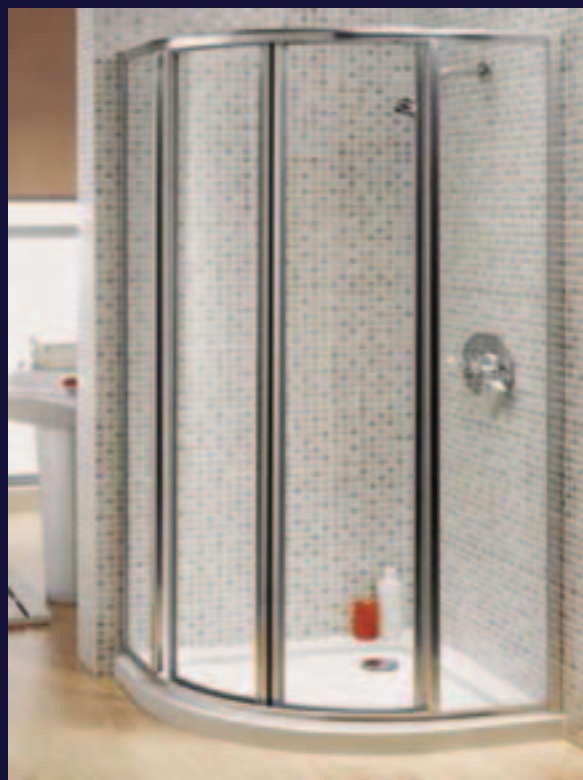
New bathroom suites start at **£249.99** and are better quality than some! Kitchens start at **£430.00** flat packed and delivered to your door. **Our showroom is open 8:30 am to 4:30 pm Monday to Friday and Saturdays 9:00 am to 12:30 pm.**

We invite you down for a chat about your bathroom and kitchen and offer a no charge quote. If you are having difficulty getting to the showroom, we will come to you most evenings. (we do like Sundays off.)

This year we have helped over 70 people to re-juvenate either their bathroom or their kitchen and we hope to help you in the near future.

Give Village Bathrooms and Kitchens a chance to quote you better.

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& KITCHENS

58 NEW VILLAGE ROAD

Cottingham

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Well 'Mrs T' did have her bath removed and a shower enclosure fitted. "There was not as much mess and up-set as I expected. The fitters worked hard and the finished product is excellent.

We can't wait to get in the shower."

There is still great debate as to whether a bath is better in a family house than a shower. Ask your self this, when was the last time you bathed, if it was every day, then keep the bath, if it was some time last month, then you are either very itchy or you shower every day, in which case get rid of the bath and get a shower enclosure. Its safer cleaner and saves water.

We still corner the Market in Service :: Give us a ring and let us remind you.

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